

Yoga

Mon, Wed & Fri

8am-9am

Saturday

11am-12pm



Fitness Classes w/ Monica

Zumba

M, Tu, Th : 5:20pm-6pm

Pound

M, Th: 6:10pm-6:50pm

Strong

Tu: 6:10-6:50pm

These classes are **FREE** to members and \$5 per person for non-members

Step Aerobics

Wednesday: 5:30pm-6:30pm

Line Dancing

Tuesday : 9:30am-10:30am

Water Aerobics

Monday - Friday

10am-11am &

11am-12pm

Monday Only: 6pm-7pm